1: Glacken E-5 (1951-1952) 1993 AC7 Okinawa AC7

The Okinawan Midwife

Children are born under the care of a midwife (sanba). Physicians do not attend at birth, but they may be called later if complications develop. Native doctors (yabu), who have now largely disappeared, are not consulted. One midwife may serve several villages. She is engaged some months before the expected birth. Midwives are highly respected. The older ones have added to their initial training a wealth of knowledge based on experience. A midwife in Ginosa village takes care of the expectant mothers of Matsuda and one in Gushichan village serves those of Hanashiro and Hinatogawa. Midwives long resident in an area are beloved by the children they have delivered. The children when adult visit her, or she is invited to the homes of those at whose birth she has assisted.

Prenatal examinations are made by the midwife in the 3rd, 5th, 7th, and 9th month of pregnancy, the most thorough of those being the last three. The mother goes to the midwife for the examinations, but the birth takes place in the home. A birth other than in one's home is considered bad luck.

Starting with the 5th month, the belly is wrapped around with a flannel sash (a haraobi). On the 5th month, it may be 7 shaku (about 7 feet) long and about 8 inches wide; by the ninth month, a 9 shaku length is used. The sash is not needed, in one midwife's opinion, during the last month of pregnancy, but it may be left on. While the sash is worn, it is taken off three times a month for laundering. The purpose of the binding is to keep the child in its natural position and to prevent it from turning and causing an abnormal delivery.

After birth, the child may be slapped on the backside if the mother has been in labor 17 hours or more. According to one midwife, the usual labor for a first child is about 17 hours, and 7 for the second. The midwife cuts the umbilical cord and may, but not always, dispose of the afterbirth (taiban, iya in Japanese).

In the villages, this may be disposed of by women relatives or by the father. It is buried, following an old custom, behind the house in a place where it does not rain. In Matsuda, women relatives wrap the placenta in a cloth and bury it, while friends, relatives, and children gather around and laugh. There are variants of this custom. In Hinatogawa, the afterbirth is wrapped in a cloth and buried back of the house by the father. Neighboring children gather and laugh while this is going on. The reason for the laughing is that the new born child may always smile and be gay. In another variant, the father alone does the laughing. In all villages studied, this custom in its variants still has vitality.

According to a Ginosa midwife, maternal death in child birth is unusual. Hanashiro women said the same. Miscarriages in early

843 pregnancy are also said to be rare, although miscarriages in later pregnancy up to two or three months before the birth are more numerous because of the continuing heavy work of the mother in the fields. The mother in the agricultural village normally works up to the time for
849 the birth. She eats her normal diet. After birth, the child is placed on a large comforter (futon) beside the mother.

The midwife, after delivery, goes once a day for a week to the mother's home. Her fee is not decided upon before hand, but according
[846] to custom, averages Y350 for a normal and Y500 for a difficult birth,
[965] a low fee probably enforced by the poverty and lack of cash of farm families. (In Naha corresponding fees are said to be Y1-2000).

853 There is no uniform way of feeding the child after birth. In most cases the child is not breast fed until after the third day due to the fact that mothers have little milk at this time. The first, second, and the third days it is fed warm water with small amounts of white sugar, but this is by no means universal. Some mothers have said that they give the child the breast 4 or 5 hours after birth. In any case, the child very quickly becomes accustomed to feeding at the breast, and this continues for an indeterminate period, depending on the mother and the child. It may be for two years, or until the next
[862] child comes. In all communities studied, other arrangements are made in the unlikely event that the mother does not have milk of her own. The child may be given evaporated cow's milk or friends or relatives nurse the child. In Minatogawa, if a woman has special duties or takes a trip out of town and cannot take her child with her, she can pay to have it nursed.

843 One belief regarding pregnancy still exists among the old in the Ginoza area. If a new house is being built during the pregnancy of the woman of the house, the cap of the roof is not put on until after the birth has taken place.

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Birth Customs and Convalescence

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[189] In Minatogawa, and to a much lesser extent in Hanashiro, birth customs are related to certain beliefs about the pig pen. These were not known in Nakazuda. In the two southern villages they have virtually disappeared, except among the old. According to a Hanashiro farmer's wife, the child on the day of its birth is washed, dressed in new clothes, and carried to the pig pen, which is supposed to frighten away evil spirits (bakemono). 1 [See footnote 1, bottom of p. 257--analyst]

2:Maretzki & Maretzki E-5 (1954-1955) 1963 AC7 Okinawa AC7
Taira

462 [241] heavy sods in the rice paddy; nevertheless, women and younger girls often do this work along with the men and boys if time runs short. There are some women who prepare their farm land without the help of their husbands.

[313] [843] [482] In mountain work, women produce almost as much as men except that they do not handle the large logs. Even pregnant women make three or four daily mountain trips, sometimes up until the day of childbirth. Only the mode of carrying wood, like any load, differs for the sexes: a man uses a carrying stick supported on his shoulder, with two bundles attached to each end; a woman carries bundles on her back, tied and held in place by a tump line tied over her forehead. Women can carry loads of 100 to 120 pounds in this manner.

[312] 241 462 Men seldom carry water from the tank or faucet to the house; this is considered women's work, although younger boys are expected to help at times. Work in the potato fields is mainly women's responsibility. Their hands are also preferred in rice transplanting, where dexterity is needed in pulling out the tender shoots from the seed bed and replanting them in straight rows at measured intervals. Occasionally a young man helps, and boys sometimes try to work along with their sisters when they learn transplanting. Both men and women sow the seed beds. In special activities, such as house building, a more distinct division of labor can be observed. In any building activity, men do the structural work and women carry materials and cook for the men. The same division of labor is found on community projects, road building, fencing against wild pigs, or repairing the water pipes. In general, however, no special comment is made if either a man or woman performs work usually done by the opposite sex.

462 [342] [653]

887 462 [464] Men and women work in the fields and forests from ages 15 to 60. When they approach 60, men like to "retire." If possible, they turn over their responsibilities as household heads to their eldest sons. From then on, they tend to stay home more and more. They can still help with less demanding work, making bamboo rings for firewood bundles, sawing wood, or doing odd jobs around the house. Approaching old age, most men become economically useless and in other ways contribute little to society. For old women, quite the contrary is true. Even grandmothers who are well over 60 seem strong and active. Most of them go to the fields to plant or harvest potatoes or other vegetables. One woman, well into her sixties and bent over from arthritis, took long walks to distant potato fields, with a heavy load of slips or potatoes in a basket on her back, a hoe on top of it, supporting herself on a stick. Other grandmothers look after the youngest children, thus freeing the mother for work. Old women also cook, help bundle firewood,

[241] [855]

keep others from noticing sex activities. Keeping sex a private matter does not mean that there is a feeling of shame or guilt. It is considered a natural function, and although they do not discuss marital relations, men feel free to mention sex and its pleasurable aspects. Such conversations seem to cause some embarrassment among the younger women but are thought entertaining by older ones.

To men, sex, like food and drink, is to be enjoyed and indulged in. Women, too, enjoy sex but are more reticent and give much less overt expression to their desires. There are stories about women who are sexually aggressive, but they are either characters in the folklore or women of a neighboring village who are said to be this way "because they don't work hard enough." Men enjoy sex activity until an advanced age. One man over 60 whose wife had long been dead twice took a young woman as second wife; in both cases the women left him after a short period, but dissatisfaction with his sexual capacity was supposedly not the cause. Several children in Taira were fathered by men who had passed their sixtieth birthday. People believe that potency depends on physical well-being and age, but that it can be produced by a special drink consisting of sake in which a poisonous snake, the *habu*, is steeped. As soon as one finishes drinking this brew, its effects should be felt. Sake, meat, and eggs are also thought to increase potency.

Women's breasts are considered sexually stimulating. Men like to caress the breasts and the skin in general. Kissing occurs during foreplay only among some younger couples; older people do not care for it. In a room or house, shared with others, few couples undress fully for intercourse. Moving the baby to one side of the mat or mattress, a husband joins his wife.

There are no pre- or postparturition taboos; relations continue throughout pregnancy and are resumed about a week after childbirth, when the wife has taken her first bath. Men tend to disregard the public health nurse's urging that women be given a little longer rest.

That extra marital affairs do occur is evidenced by the presence of illegitimate children. But the mothers are likely to be widows or girls who for one reason or another did not get married at the usual age. Deformity may be a reason for not finding a husband. Two children in Taira were claimed to be the issue of an incestuous relationship between a man and his widowed daughter. Although the children were conceived and born outside the village, people became suspicious after the family returned to Taira. Because the putative father failed to deny paternity strongly, villagers felt certain that their suspicions

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Part II

Child Training

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Chapter 12

Pregnancy and Childbirth

The custom of "trial marriage" stresses the importance Taira villagers put on a woman's ability to bear children, for it is imperative that there be heirs to carry on the family line. The first child is usually born within one or two years after marriage. Taira people would be extremely surprised if a child is not born soon, for children, especially male offspring, are desired. A barren wife faces the possibility of annulment of her marriage by her husband or even her husband's parents. Should this action be disagreeable to her husband, she may still be forced to take the lesser role of co-wife. A fertile woman who fails to bear a male child may suffer a situation not unlike that of a barren woman. Pregnancies, however, arouse a great amount of ambivalence in attitude.

Most women welcome pregnancy happily, knowing that they are fulfilling their role as a woman. Nevertheless, some women complain

842 of the economic hardship incurred as a result of large families. A few
[843] of the more outspoken mothers complain bitterly against the old peo-
[593] ple who expect them to continue bearing children until three male heirs are born. Men desire male heirs, and one son is not enough: the favored number is three. Informal interviews reveal that in spite of the cultural preference for sons, mothers welcome daughters, who grow up to be useful helpers. Even if women protest when they feel tired of bearing children, they submit to their husband's demands. Since Japa-
551 nese given names are used today, the practice of naming a girl Sueko
553 (end child), to indicate that one considers her to be the last, is often
842 resorted to. If this proves insufficient and another follows, she might
[177] be called Tomeko (stop child). In one family the wife gave her baby girl the name Sueko to indicate that she did not desire any more children. Her husband, however, disagreed, for he wanted another son, and registered the child without his wife's knowledge under another name.

842 Although the older generation, which has supported large families,
744 looks on birth control measures with distaste, the young mothers circulate information published in Japanese magazines and by the Okinawan public health department on this matter, and a few families actually use contraceptives. However, in general, public health nurses
847 have found it extremely difficult to discuss matters like birth control, abortion, and infanticide with villagers. "We suspect that these measures are practiced everywhere. Of course, with the system of registration and public health nursing, infanticide is hardly possible; how-
[732] ever . . . we could not say. . . ." • It is interesting to note that in Taira there are mental defectives but no physical defectives. Abortion
[848] is legal with a doctor's consent, but informants claimed it was not practiced. There are illegitimate children born in the village.

842 "The seeds, they must match. If they do not match, then it cannot be," explain the villagers. They continue, "It is like planting a field, however, if the soil is hostile to growth, nothing can happen." Thus the villagers express their theories of conception.

843 Cessation of menstrual periods signals the start of pregnancy, and the sudden craving for a particular kind of food forces the woman to acknowledge the fact. Informal interviewing and casual observation
[461] reveal that morning sickness is not usual. Women rarely miss a work-
[522] ing day in the fields and mountains even in the early stages of pregnancy. One male who failed to appear for work with the rest of the male population of the village was the butt of many a joke. "How now, you are taking over the task of your wife?" teased the men and women.

[164] Malfunction of the kidneys is not uncommon among pregnant

• Personal communication from public health nurses.

2:Maretzki & Maretzki E-5 (1954-1955) 1963 AC7 Okinawa AC7
Taira

women in Taira. Three young mothers, who continued to work despite the discomfort and pain of swollen extremities, consulted with the doctor in the nearby town, and a fourth described this condition, which had prohibited her from any but the most simple and undemanding work. The old people look upon unusual pregnancies in askance. "Work, good, hard physical labor is what we did and we never had any difficulties. Young people pamper themselves."

Special foods and advice are proffered the expectant mother for the benefit of the baby. "Eat this so that you will have lots of milk for the baby. Remember that spicy things are bad for the baby. Do you recall the one who was born with a great patch of hair on its arms? Its mother was frightened by a great big cat while she was carrying that child," comment villagers to the mother. Some husbands indulge their wives' cravings for special delicacies like expensive imported fruits.

To keep the baby in position, a sash is wound several times about the pregnant woman's abdomen by a midwife or some old woman.

In the "old days" it was not unusual for a woman to return from the mountains or fields carrying her newborn. Grandmothers recall with relish the days when "Women paid little heed to their condition, did hard work, and had their babies without a whimper." "The women today pamper themselves," snap the wizened grandmothers watching an expectant mother resting between trips to the mountains.

As the day of parturition approaches, the expectant mother schedules her work to remain as close to the house as possible. When labor starts, she retires to the back room of the house, which is situated next to the kitchen. The medical practitioner, or in his absence a midwife,* is called to assist in the delivery. The husband's mother, if she lives in the house, or other older related women attend. A man may be present during his wife's first delivery but at subsequent births will wait with some of the women in the front room. In the old days a woman was supported by her husband or someone else in a half-sitting position. Nowadays, however, women give birth lying down. Only rarely does a woman in labor cry out in pain. Soft crying is permissible, but any loud demonstration would elicit contemptuous comments from the older women. "If you had worked hard, the baby would not be so big, then labor would not be difficult," is an often heard retort.

Informal interviewing revealed that birth takes place in a large number of cases during late evening or early morning hours. Usually children of the house sleep on undisturbed. Should they awake, they are kept out of the delivery room, although the youngest may be allowed to enter to visit with his mother shortly after delivery.

The newborn is bathed in tepid water then bundled in blankets,

* At present there is no midwife in Taira.

853 There are no food taboos during pregnancy, and after birth mothers
262 can continue to eat what they wish except for certain "hard" foods,
such as octopus, whale meat, and certain kinds of fish which are be-
● [843] lieved to stop the flow of milk. To stimulate lactation, the mother is
given papaya boiled with flour and noodles or a medicine made from
herbs.

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Chapter 13

Infancy

858 The infant is considered a helpless, pitiable treasure who is incapable
155 of knowing, understanding, or learning until he is around 6 years old.
855 If this senseless child is treated affectionately and indulgently, he will
177 grow to be a healthy, happy adult.

[861] With the spread of Japanese influence throughout Okinawa, accord-
ing to informants, there evolved another belief, which in Taira is
complementary to the idea of the senseless child. This new belief is
vaguely conceptualized by most young parents but was verbalized con-
cretely by at least two sets of parents. "Children are the gift of gods.*
They are godly until they are 7 years old." Exoneration of misbehavior
on the part of the child under 7 (6 years according to Western count)
conjures up in the mind of the observer a picture of willful capricious
gods who are totally unpredictable. A shrug of the shoulder and a
phrase which completely defines both attitude and resignation in Japa-
nese is, "helpless, against one's will." Because children are godlike in
nature, they do not know any better; because they do not know any
better they are godlike in nature. Just why and how a child outgrows
this temperament could not be explained by the parents. These beliefs
foster the extreme indulgence, protection, and nurturance of young
babies. Their physical and emotional needs are attended to constantly,
with a great deal of affection.

* This notion may well have been influenced by Christian as much as by Japa-
nese ideas.

There is no specific or preferred posture for nursing. While the mothers are in confinement for the brief period following delivery, they often lie next to the baby and feed him. Sitting while nursing is the most common posture, but mothers frequently nurse while standing or squatting. The baby is held loosely and the mother is relaxed. If others are about, she will carry on a lively conversation and occasionally pat the baby gently on or around the region of the buttocks. When alone, she holds the baby with one arm, talks softly, smiles, and with her other hand tugs gently at the baby's limbs. Each feeding is leisurely; the breast is never withdrawn from the infant's mouth. More often than not he suckles his fill and falls asleep. 853

It is as natural to suckle one's infant at a village meeting as it is to do so in the privacy of one's home. A common sight is that of a mother sitting and listening intently to speeches while cradling her suckling infant loosely in her arms. On buses, in market places, or at large public intervillage gatherings, one is sure to encounter such a scene. [291]

The breast is used to soothe a baby when he is ill, irritable, or in distress from pain. This was quite evident when all the babies in the village were being given a series of innoculations for diphtheria and typhoid. As the injections were given in one large open room, the cries of the infant being innoculated prompted others to cry. Invariably the mother offered the breast to the baby. 853 854 751

After the birth of a child, the mother sits at home during a short rest period, watching happily as neighbors, friends, and relatives continually drop in to admire the newborn. Sipping tea, the visitors offer bits of advice, exchange the latest gossip, ask to hold the infant, and take their leave with the standard phrase: "Take care of yourself." It is a pleasant interlude, but as the family resources begin to dwindle, there is a slight but perceptible change in the attitude of the mother toward her newborn. The constant stream of visitors, for whom tea and some small tidbits must be offered, and her nonparticipation in the regular economic activities prove to be a drain on the family budget, in spite of the fact that the mother and her husband have worked with extra diligence in the months prior to parturition. The mother begins to talk about the approaching feast day and the need to get new clothing for the older children. She asks anxiously about the condition of the firewood market and starts to plan her inevitable resumption of work in the mountains and fields. In spite of her feelings of protectiveness and pity for the young baby, she begins, bit by bit, to reinstate her normal routine. Although she continues to cuddle, kiss, and affectionately nurse the infant, she thinks of the good weather and of how she might have been able to make one more trip to the mountains 846 574 846 461 [843] [594]

2:Maretzki & Maretzki E-5 (1954-1955) 1963 AC7 Okinawa AC7
Taira

copy their behavior. When several mothers and their children are gathered, a mother of a year-old child will coo, "Cute baby" as she strokes a friend's infant's head. She smiles at her child, takes his hand, and repeats the action. A spontaneous response such as this on the part of a year-old child would evoke admiration and voluble praise from the audience. A year and a half old boy became the pride of his mother when he approached all little children with a highly nurturant attitude. He had learned his lesson so well that he considered children of his own age babies because they were smaller than himself. Walking up to them, he would bend down, pat their heads patronizingly, and take their hands to guide them along.

Equally important to the Okinawan parent is a friendly child who is well liked by everyone in the village. A happy, smiling personality is ideal, and it is this wish for the child which leads grandmothers and mothers to perpetuate the custom of burying the afterbirth of a newborn to the accompaniment of laughter and appeals to the spirits to ensure this characteristic. Adults constantly try to get infants to smile by talking and making funny sounds and faces. Even young children approach infants clapping their hands together in an attempt to elicit smiles.

Treatment of children during this initial period discourages expression of self-reliant behavior. As described above, except for rare and very brief intervals during the day, a child is strapped onto someone's back from the time he wakes up in the morning to the time he is put to bed at night. The child is carried about in this fashion from the age of one month until he is almost 2 years old.

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Chapter 14

Weaning

When a mother discovers that she is pregnant again, usually about two years after her last delivery, she begins to think of weaning her child. Most mothers nurse the last child until they are about three months

warned to be careful on days corresponding to their birth-years. A man who was a "bird person" could not go to participate in a bone-washing because it was held on a Day of the Bird. During the recurrence of one's birth-year, he must be cautious during the whole period. 805 527

The Western calendar was introduced into Okinawa after the Japanese annexation, but it is still referred to as the "new calendar". It is the calendar of the schools and government and of business, but not of the farmer. In the city the more important celebration of New Year's is held on the "new" New Year's; in the country it is on "old" New Year's a month later. 805 177

Before the Japanese annexation years were named in an absolute sequence (that is, besides being named by position in the cycles of twelve and of sixty) by the reigns of Chinese emperors. After the annexation the reigns of Japanese emperors were used. At the present time the Western chronology ('seireki') is official, but some still speak of the year 1954 as "Shōwa 29", the 29th year of the reign of the present emperor.

Birth and Infancy: Notions about Conception Okinawans recognize that sexual relations are necessary for but do not always result in conception. Younger people have heard of the struggle of the sperm to reach the egg, but their notions may be rather foggy. For example, a woman in her middle thirties, discussing the responsibilities of parents, argued in the following manner: a woman cannot conceive without having an orgasm; she cannot have an orgasm without feeling love ('aijō'); hence conception is the result of love, hence she should willingly take responsibility for her child. The ethical principle involved in this argument may not be typical, but the lack of precise information of physiology probably is. And it suggests two things: first, that women may inhibit their emotions as a contraceptive measure, and second, they may be willing to take chances in having sex relations thinking that they can inhibit conception. But it is worth noting here that young women do not discuss these matters very freely and hence generalizations may be very unsafe. 842

Condoms are sold in the cities but probably not in the country. A former country woman living in the city believed that country people would use them if they knew of them, but that they do not know. She regarded four children as enough. However, a young unmarried man from the city said that one would use a condom only when visiting a prostitute; it would be insulting to use one with your sweetheart. Some of this attitude may carry over after marriage.

Pregnancy If a woman believes that she may be pregnant she goes to a midwife for a diagnosis. This is usually about three months after her last menstrual period. The fee is usually ¥50. If she is in fact pregnant she continues to consult the midwife and the midwife attends her at the birth of the child. The total fee is about ¥1,000. 843 [759]

For the good of her unborn child a pregnant woman is urged to be happy and to avoid situations potentially harmful to it; for example if she were to go to a funeral or a bone-washing the shii, a sort of soul, of the baby might be drawn into the tomb. [774]

843 be drawn into the tomb. Some say the prospective father should also avoid these situations. Another set of observances has an easy delivery as its aim. The woman is urged to work hard and not to overeat so that the unborn child may not become too large. During the fifth month a "belly band" is wrapped tightly about her for the same purpose, especially to keep the head small.

A woman neither hides her pregnancy nor displays it unnecessarily---if she is married and it is her husband's child. If this is not the case she may attempt to hide the fact. On the other hand if she is bearing what may be her husband's first son , she may be very pleased at the prospect, but she does not go out of her way to show it.

843 774 [847] No clear statement was given to the effect that the "soul" enters the body of the unborn child at a particular time, but statements are made about dangers to the shii of the child. One informant suggested that this soul-like entity enters the body of the mother during the third month and that for this reason a moxibustionist had refused to abort a woman after her third month had passed.

847 Abortion Abortions have always been and continue to be performed on Okinawa. The most frequent reason is said to be the desire not to bear an illegitimate child. An old-fashioned home method is to brew camphor-wood leaves and drink the brew or to burn the leaves and breathe the smoke. Experts in cautery are also believed to be able to cause an abortion by burning moxa on the proper areas of the body. But at the present time women are said to be aborted more frequently by midwives. The practice does not appear to be regarded as illegal.

844 Birth A woman tries to work up until the time of childbirth. If she has had several children already she knows when labor starts, how long it is likely to last, and may go out to the fields confident that she can return in time. Delivery is in the kucha, the back room of the house. Women of the family are present and men are not forbidden, though children are sent out. Often a woman's husband grasps her during delivery. Formerly she squatted on the floor holding a rope suspended from a house-beam above her. At present she is usually made to lie down. The labor is spoken of as "pain" but the woman must not cry out; she may only grunt when putting her strength into the ejection of the baby. If she were to cry out because of the pain she would later feel very ashamed---"because it is something that happens to every woman; people would talk about her."

853 Formerly the newly-born child was neither bathed nor dressed but simply wrapped in an old kimono; now it is bathed in boiled water and dressed. The infant is permitted to nurse from about the fourth day on, after there is milk in the mother's breasts. Before this it may be given a little sugar in water and possibly allowed to suck a little colostrum about the second day after birth.

178 846 [354] Formerly the mother was kept in the kucha for about a week in front of a fire burning on the jiiru, an open hearth in country homes, a kind of brazier in the city.